



Candied Nuts with Smoked Almonds



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



933 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds smoked
- ☐ 6 ounces almonds in oil (not ;)
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.3 cup rosemary leaves fresh
- ☐ 2 teaspoons ground coriander
- ☐ 4 servings kosher salt
- ☐ 1.5 cups pecans
- ☐ 1 cup sugar

☐ 1 tablespoon butter unsalted

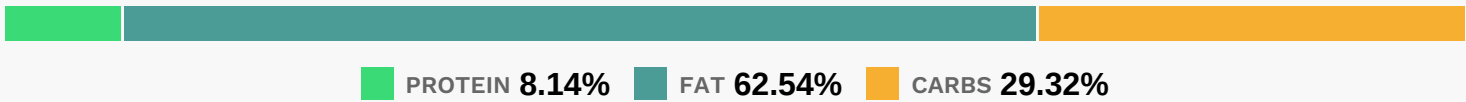
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ pot
- ☐ sieve

Directions

- ☐ Line a baking sheet with parchment paper.
- ☐ Combine sugar and 3 tablespoons water in a largewide pot over medium heat and cook,stirring frequently, until sugar is dissolved.Continue cooking, stirring frequently,until liquid simmers briskly, top is coveredwith bubbles, and sugar is just starting tocrystallize, about 2 minutes.
- ☐ Add pecans and skinned almonds; stirquickly to coat nuts evenly. Continue to stiruntil sugar is crystallized and very dry, about2 minutes.
- ☐ Pour nuts onto prepared bakingsheet; let cool slightly. Wash pot.
- ☐ Break up any nuts that have clumpedtogether.
- ☐ Place in a sieve; shake off excesssugar. Set a clean sheet of parchment onbaking sheet. Return nuts to pot; cookover medium heat, stirring frequently, untilsugar starts to melt. Reduce heat to low; stirfrequently until sugar is melted and nuts arenicely glazed, about 25 minutes.
- ☐ Remove pot from heat; stir in rosemary,butter, coriander, and cayenne.
- ☐ Transfer toprepared baking sheet; let cool slightly.
- ☐ Transfer candied nuts to a large mixingbowl, breaking up clumps.
- ☐ Add smokedalmonds. Toss well; season to taste with salt.DO AHEAD: Nuts can be made 1 day ahead.Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:35.8, Inflammation Score:-9, Nutrition Score:29.410434865757%

Flavonoids

Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 4.12mg, Epigallocatechin: 4.12mg, Epigallocatechin: 4.12mg, Epigallocatechin: 4.12mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 933.32kcal (46.67%), Fat: 69.11g (106.32%), Saturated Fat: 7.13g (44.58%), Carbohydrates: 72.91g (24.3%), Net Carbohydrates: 58.84g (21.4%), Sugar: 54.81g (60.9%), Cholesterol: 7.53mg (2.51%), Sodium: 196.32mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.48%), Manganese: 3.5mg (175.1%), Vitamin E: 20.71mg (138.09%), Magnesium: 261.55mg (65.39%), Copper: 1.27mg (63.58%), Vitamin B2: 0.96mg (56.41%), Fiber: 14.07g (56.29%), Phosphorus: 486.11mg (48.61%), Zinc: 4.2mg (28.01%), Vitamin B1: 0.41mg (27.3%), Calcium: 250.81mg (25.08%), Iron: 4.17mg (23.14%), Potassium: 756.82mg (21.62%), Vitamin B3: 3.33mg (16.64%), Folate: 44.82µg (11.2%), Vitamin B6: 0.2mg (9.85%), Selenium: 5.24µg (7.48%), Vitamin B5: 0.7mg (7.05%), Vitamin A: 262.41IU (5.25%), Vitamin K: 1.75µg (1.66%), Vitamin C: 1.18mg (1.43%)